



A Study of Role Stress among dual career Women

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Stress can be defined as a process in which environmental, demands strain as organisms adaptive capacity, resulting in both psychological as well as biological changes that could place a person at risk on illness (Cohen et al. 1995).

Women are likely to have ‘Multiple-role’ in which is stress due to managing many different roles and responsibilities, women suffer disappointment and guilt if they are not able to meet all the demands of family, home and work. Major important factors are the job, including working conditions and work load, role ambiguity, role conflict and colleagues.

Role stress is a state of tension created by multiple demands and conflicting directions from two or more individuals in the performance of a role, resulting in anxiety.

The objective of the present study is to study the significant difference of role stress among high, average and low occupational commitment related dual career women. For this following hypothesis have been formulated.

There is no significant difference of role stress among high, average and low occupational commitment related dual career women.

For the present study 400 dual career women of Bundelkhand region were selected. These dual career women are taken from different jobs i.e. doctors, professors, teachers, clerks, nurses etc, in the age range of 25-35 years.

For the present study following tools were used-

1. Role stress scale for working women.
2. Occupational commitment scale. (OCS)

To see the significant difference between the role stress among high, average & low occupational commitment women critical ratio was used.

An attempt has been made to study and compare the role stress among high, average & Low occupational commitment related dual career women for this purpose ‘occupational commitment scale was administered on 400 dual career women the women were divided into three categories i.e. high average & low occupational commitment on the basis of Q3 and Q1 scores. The women got 103 and above scores were placed in the high occupational commitment, while the dual career women who got 89 and below scores were placed in the low occupational commitment category. The dual career women who got between Q1 and Q3 were placed in the average occupational commitment category. Thus 115 high occupational commitment, 186 average occupational commitment and 99 low occupational commitment career women administered the role stress scale.

Table – 1

Role Stress of Dual Career Women	Occupational Commitment						Critical Ratio		
	A High N= 115		B Average N=186		C Low N=99		A&B	A&C	B&C
	Mean	S.D	Mean	S.D.	Mean	S.D			
Role stress as Paid Worker	46.98	10.27	51.93	9.94	52.66	9.15	4.12**	4.27**	0.62
Role Stress as Mother	47.57	9.78	51.48	9.41	52.77	7.98	3.43**	4.30**	1.22
Role stress as wife	43.62	8.29	46.29	6.56	46.18	7.39	2.93**	2.39**	0.12
Total	138.17	26.28	149.61	24.08	151.63	21.93	3.79**	4.09**	0.72

Significant level at 0.01 → 2.59**
At 0.05 → 1.97*

Table shows that high occupational commitment related dual career women have relatively low role stress than average and low occupational commitment related dual career women as paid worker , as mother and as wife thus, there is significant difference of role stress as paid worker, as mother & as wife between high & average and between high and low occupational commitment related dual career women. The null hypothesis stating that “There is no significant difference of role stress among high, average & low occupational commitment related dual career women.” Is rejected, the high occupational commitment related dual career women have significantly low role stress (as, paid worker, mother & wife) than average & low occupational commitment related dual career women.

References-

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